Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_

**What You Should Know About Your Brain**

By Judy Willis (2009)

**Introduction:**

1. Approximately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bits of information per second enter the brain.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your brain protect it from becoming overloaded.

**The Thinking Brain and the Reactive Brain:**

|  |  |  |
| --- | --- | --- |
|  | Prefrontal Cortex | Lower, Automatic Brain |
| Nickname |  |  |
| Location |  |  |
| Job |  |  |
| Amount of Brain it occupies |  |  |

1. How can you control which information your brain lets in or keeps out?
2. What are the three things the reactive brain can do with information?

**RAS: The Gatekeeper**

1. What does RAS mean?
2. From where does the RAS get its information?
3. What are some of the things you can do to keep your RAS working optimally?

**The Limbic System: Your Emotional Core**

1. Name two brain parts that make up your “emotional core.”

**The Amygdala**

1. Describe the job of the Amygdala.
2. What happens to your brain when it gets “stressed?”
3. According to the article, what are three things you can do to help your brain when you take a test or are faced with a social conflict.

**The hippocampus**

1. Describe the job of the hippocampus.
2. Explain the term, and give examples of, “*executive functions.”*
3. What can you do to help move information into your long-term memory?
4. How does practice affect your dendrites?

**Dopamine: Feeling Good Helps You Learn**

1. What is a *neurotransmitter*?
2. Identify 2 ways extra dopamine can affect your brain.